What Is Claimed Is:

1. An intuitive single key-press navigation system for operating a computer running an application software program by a user under a host operating system, said navigation system comprising:

a user interface comprising a user interface module for providing interface between said computer and said user by issuing interface requests during the use of said application software program by said user; said user issuing said interface requests by pressing a single key on the keyboard of said computer responding to discrete options menus presented to said user by said application software program; and

a kernel unit comprising an interface database module for storing text-based program options information for said application software program; an interface graphics module for storing graphics information for said application software program; an interface response module for receiving said interface requests issued by said user; and an interface generator module receiving said text-based program option information and said graphics information and generating visual-effect symbols for presenting to said user based on said text and graphics information under said issued interface requests.

2. The application software navigation system of claim 1, wherein said visual-effect symbols are representations of push buttons displayed on the screen of said computer.

3. The application software navigation system of claim 1, wherein said application software program is a user-friendly application software system incorporating a plurality of simple interfaces for intuitive access by computer users.

4. The application software navigation system of claim 1, wherein said application software program is a user-friendly One-Touch OS application software system for processing daily-life computer applications for computer users.

5. The application software navigation system of claim 4, wherein said One-Touch OS application software system processes handy personal information including phone numbers and addresses.

6. The application software navigation system of claim 4, wherein said One-Touch OS application software system takes notes.

7. The application software navigation system of claim 4, wherein said One-Touch OS application software system provides communication services.

8. The application software navigation system of claim 4, wherein said One-Touch OS application software system provides chatting service over the Internet.

9. The application software navigation system of claim 4, wherein said One-Touch OS application software system provides access to the World Wide Web over the Internet.

10. The application software navigation system of claim 4, wherein said One-Touch OS application software system provides language tutoring to computer users.

11. The application software navigation system of claim 4, wherein said One-Touch OS application software system provides typing tutoring to computer users.

12. The application software navigation system of claim 4, wherein said One-Touch OS application software system provides game playing to computer users.

13. The application software navigation system of claim 4, wherein said

One-Touch OS application software system provides multimedia playback.

14. The data exchange system of claim 4, wherein said One-Touch OS application software system is capable of processing handy personal information including phone numbers and addresses, taking notes in texts and in drawings, providing communication services including telephone connections, facsimile transmissions and receptions, electronic mailing, chatting service over the Internet, accessing the World Wide Web over the Internet, providing language tutoring and typing tutoring to computer users, providing game play to computer users, and providing audio and video playback.

15. An intuitive single key-press navigation system for operating a computer running an application software program by a user under a host operating system, said navigation system comprising:

a user interface comprising a user interface module for providing interface between said computer and said user by issuing interface requests during the use of said application software program by said user; said user issuing said interface requests by pressing a single key on the keyboard of said computer responding to discrete options menus presented to said user by said application software program; and

a kernel unit comprising an interface database module for storing text-based program options information for said application software program; an interface graphics module for storing graphics information for said application software program; an interface response module for receiving said interface requests issued by said user; and an interface generator module receiving said text-based program option information and said graphics information and generating visual-effect symbols of push buttons displayed on the screen of said computer for presenting to said user based on said text and graphics information under said issued interface requests.

16. The application software navigation system of claim 15, wherein said

application software program is a user-friendly application software system incorporating a plurality of simple interfaces for intuitive access by computer users.

17. In a computer running an application software program by a user under a host operating system, said application software program comprising a user interface and a kernel unit; said user interface comprising a user interface module for providing interface between said computer and said user by issuing interface requests during the use of said application software program by said user; and said kernel unit comprising an interface database module for storing text-based program options information for said application software program; an interface graphics module for storing graphics information for said application software program; an interface response module for receiving said interface requests issued by said user; and an interface generator module receiving said text-based program option information and said graphics information; an intuitive single key-press navigation method for navigating said computer comprising the steps of:

generating a menu of options containing a plurality of visual-effect symbols each representing one of said options based on said text and graphics information under said issued interface requests for selection by said user;

said user selecting one of said options by performing a single key-press selection by pressing a single key on the keyboard of said computer; and

navigating through said application software program by implementing said single key-press selection at least one time.

18. The method of intuitive single key-press navigation of claim 17, wherein said step of navigating through said application software program by implementing said single key-press selection further comprises the step of selecting in a major program loop, wherein said major program loop providing options to said user including a group of major functional category of said application software program.

19. The method of intuitive single key-press navigation of claim 18, further comprises the step of selecting in a sub program loop, wherein said sub program

loop providing options to said user including a group of sub-functional category of said application software program.

20. The method of intuitive single key-press navigation of claim 17, wherein said visual-effect symbols are representations of push buttons displayed on the screen of said computer.

21. The method of intuitive single key-press navigation of claim 17, wherein said application software program is a user-friendly application software system incorporating a plurality of simple interfaces for intuitive access by computer users.

22. The method of intuitive single key-press navigation of claim 21, wherein said application software program is a user-friendly One-Touch OS application software system for processing daily-life computer applications for computer users.

23. The method of intuitive single key-press navigation of claim 21, wherein said One-Touch OS application software system processes handy personal information including phone numbers and addresses.

24. The method of intuitive single key-press navigation of claim 21, wherein said One-Touch OS application software system takes notes.

25. The method of intuitive single key-press navigation of claim 21, wherein said One-Touch OS application software system provides communication services.

26. The method of intuitive single key-press navigation of claim 21, wherein said One-Touch OS application software system provides chatting service over the Internet.

27. The method of intuitive single key-press navigation of claim 21, wherein said One-Touch OS application software system provides access to the World Wide

Web over the Internet.

28. The method of intuitive single key-press navigation of claim 21, wherein said One-Touch OS application software system provides language tutoring to computer users.

29. The method of intuitive single key-press navigation of claim 21, wherein said One-Touch OS application software system provides typing tutoring to computer users.

30. The method of intuitive single key-press navigation of claim 21, wherein said One-Touch OS application software system provides game playing to computer users.

31. The method of intuitive single key-press navigation of claim 21, wherein said One-Touch OS application software system provides multimedia playback.

32. The method of intuitive single key-press navigation of claim 21, wherein said One-Touch OS application software system is capable of processing handy personal information including phone numbers and addresses, taking notes in texts and in drawings, providing communication services including telephone connections, facsimile transmissions and receptions, electronic mailing, chatting service over the Internet, accessing the World Wide Web over the Internet, providing language tutoring and typing tutoring, providing game playing, and providing audio and video playback.